

Physical Work Performance Evaluation

- Maximal safe limits
- Standard criteria for postural deviations
- Pain ratings
- Heart rate monitored throughout testing
- Participant Self-Assessment and Rater Agreement



Dynamic Strength

- Ability to perform tasks such as lifting, carrying, pushing and pulling.
- Looking for signs of maximal effort (defined).
- Client participation rated by comparing willingness to continue to visual signs of maximal effort.

Dynamic Strength Floor-to-Waist Lifting (max)



Dynamic Strength Stair Climbing

- 100 steps (12.5 flights)
- Observe for changes in movement patterns or deviations
- Time and HR changes used for 8-hour day projections



Dynamic Strength Repetitive Squatting (25 x)



Dynamic Strength Waist-to-Eye Level Lifting (max)



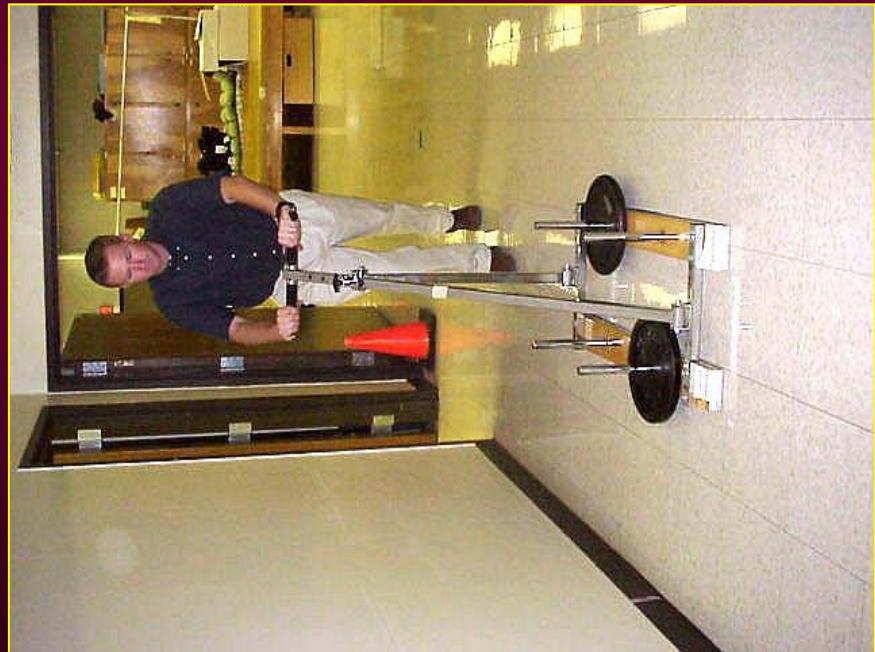
Dynamic Strength Bilateral Carry (40ft)



Dynamic Strength Unilateral Carry (40ft)



Dynamic Strength Pushing and Pulling (40ft)



Position Tolerance

Ability to assume and maintain variety of work positions.

May include specific hand function testing as indicated.

Sitting Tolerance

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)
- Grip Strength score



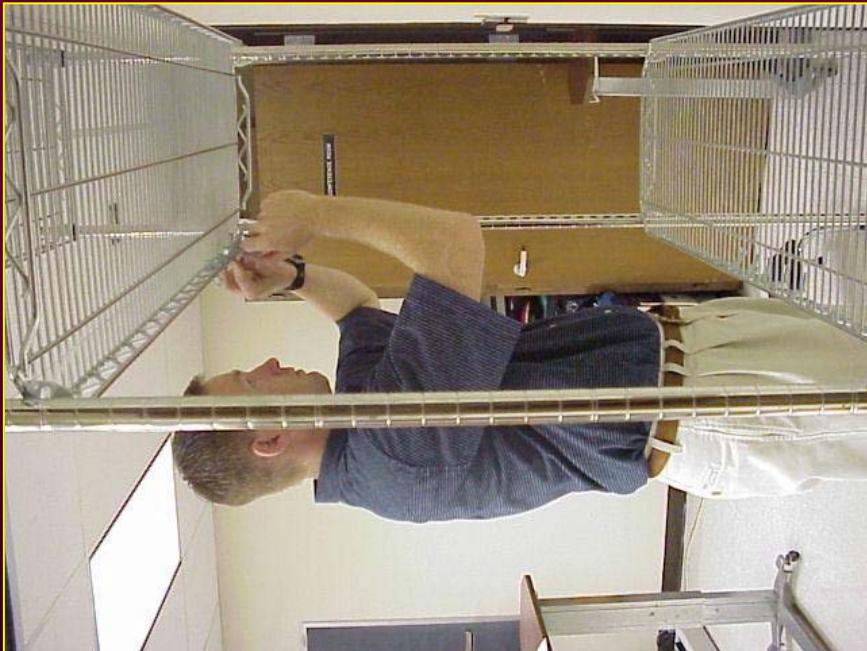
Standing Tolerance

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Elevated Work

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Lowered Work--Standing

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Kneeling

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Lowered Work--Sitting

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Squatting

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)



Reclining Reach

- Time: 5 minutes
- Assessing # position adjustments due to pain
- Time completed
- Pain Score
- Quality of Performance (body alignment deviations)

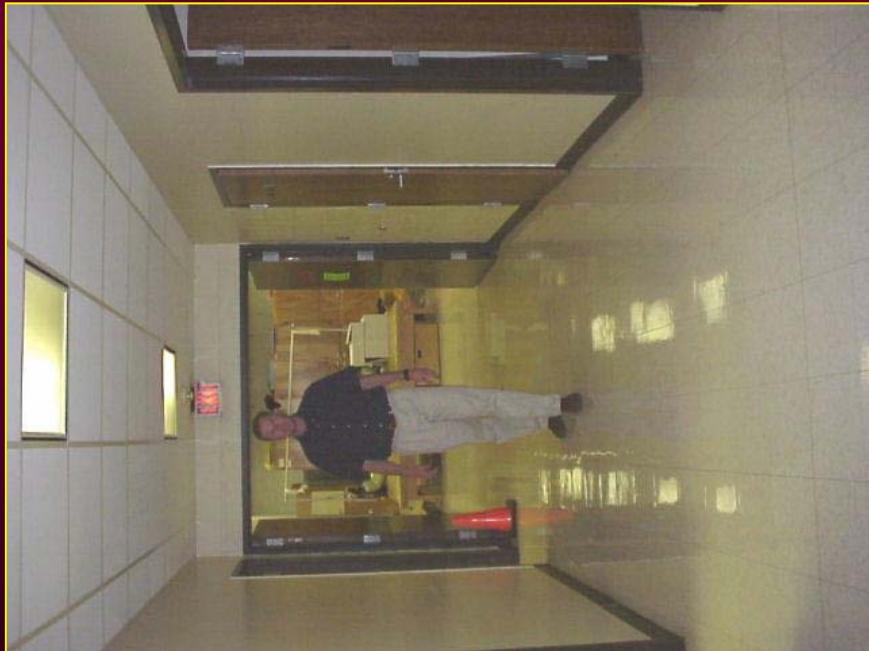


Mobility

Ability to ambulate (walk, climb stairs, climb a ladder and crawl) and to tolerate repetitive movement.

Walking

- Distance: 500 feet max
- Time to complete
 - Heart Rate
 - Pain Score
- Quality of Performance (body alignment deviations & impact on productive work ability)



Crawling

- Distance: 50 feet max
- Time to complete
 - Heart Rate
 - Pain Score
- Quality of Performance (body alignment deviations & impact on productive work ability)

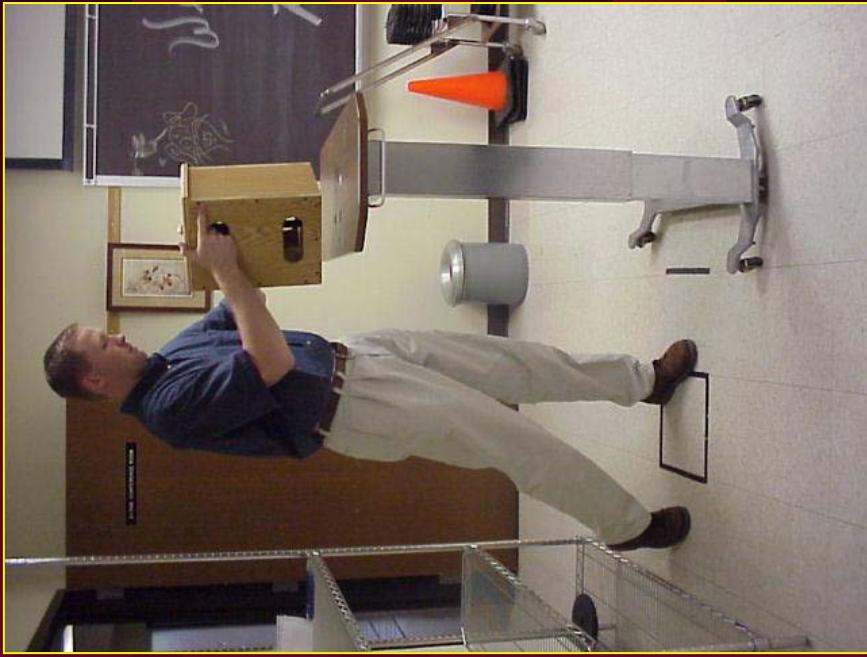


Ladder Climbing

- 40 Rungs
- Time to complete
- Heart Rate
- Pain Score
- Quality of Performance (body alignment deviations & impact on productive work ability)



Repetitive Trunk Rotation in Standing (25 reps)



Repetitive Trunk Rotation in Sitting (25 reps)



Balance

Screening for balance skills.

If unable to balance at least 20 seconds on each leg, a more comprehensive balance evaluation should be done.

Balance Screening



- Forward & reverse beam walking (3 lengths each)
- Single limb stance (30 sec)

Coordination

Screening for coordination skills.

If client performs poorly, more thorough OT coordination and reaction time testing would be recommended if job-relevant.

Finger to Nose

(Timed--25 reps)



Response Time



Rapid Alternating Hand Movements

Slaps thighs 25 times
with both hands
simultaneously;
alternating pronation
and supination.

Time to complete 25
reps.



Hand/Eye/Foot Coordination

Alternating toe tapping while touching each of 4 squares in a clockwise rotation.

Time to complete 15 successful reps.



Endurance

Compare performance and heart rate scores from the first time these 3 tasks were performed, with the scores on these tasks at the end of the test.

Less than 25% change in both scores and ability to complete PWPE without added breaks predicts capability to work 8-hour day at defined work level.

Endurance Test #1

Floor-to-Waist Lifting (max)



Endurance Test #2

Stair Climbing

- 100 steps (12.5 flights)
- Observe for changes in movement patterns or deviations
- Time and HR changes used for 8-hour day projections



Endurance Test #3

Repetitive Squatting (25 x)

